

**Claim Amendments**

This listing of claims replaces all prior versions of claims in this application.

1. (CURRENTLY AMENDED) Method of optimizing a training comprising the steps of:
  - detecting parameters inherent to the body of a user during a training;
  - converting data corresponding to the detected parameters into verbal training information for the user; and
  - outputting music and said verbal training information to the user by a portable sound playback device.
2. (PREVIOUSLY AMENDED) Method according to claim 1, wherein the verbal training information indicates the detected values of the body's inherent parameters to the user.
3. (PREVIOUSLY AMENDED) Method according to claim 1, wherein the verbal training information includes training instructions for further training based on the detected values.
4. (PREVIOUSLY AMENDED) Method according to claim 1, further comprising the steps of:
  - providing an individual training program on a computer in the form of a music compilation prior to the training; and
  - transmitting the training program to the portable sound playback device.
5. (PREVIOUSLY AMENDED) Method according to claim 4, further comprising the step of:

influencing the individual training program provided in the form of a music compilation in the sound playback device dependent on the detected values of the body's inherent parameters.

6. (PREVIOUSLY AMENDED) Method according to claim 1, wherein the verbal training information is outputted simultaneously with other output of the sound playback device or the other output of the sound playback device is interrupted during the output of the verbal training information.
7. (CURRENTLY AMENDED) Portable training device for optimizing a training comprising:
- a sound playback device adapted for playback of music;
  - a microprocessor;
  - a detector that detects parameters inherent to the body of a user, said detector being connected with the microprocessor for data communication; and
  - a converter controlled by the microprocessor and connected to the sound playback device for converting detected values of said parameters into verbal training information for the user and for outputting the information by the sound playback device.
8. (ORIGINAL) Portable device according to claim 7, wherein the verbal training information indicates the detected values of the body's inherent parameters to the user.
9. (PREVIOUSLY AMENDED) Portable device according to claim 7, wherein the verbal training information indicates instructions for further training to the user based on the detected values of the body's inherent parameters.

10. (PREVIOUSLY AMENDED) Portable device according to claim 7, wherein the detector comprises at least one of a pulsimeter, a pulsoxymeter, a chronometer, a timer and a pedometer.
11. (ORIGINAL) Portable device according to claim 7, wherein the converter comprises a voice synthesizer.
12. (PREVIOUSLY AMENDED) Portable device according to claim 7, wherein the sound playback device is a MP3 player, a disc player, a DAT device, or a MiniDisc device.
13. (PREVIOUSLY AMENDED) Portable device according to claim 7, further comprising a connector that connects the portable device with a base station.
14. (ORIGINAL) Portable device according to claim 13, wherein the base station is a computer preferably having Internet access.
15. (PREVIOUSLY AMENDED) Portable device according to claim 13, wherein the sound playback device is adapted to reproduce an individual training program in the form of a music compilation transmitted from the base station.
16. (ORIGINAL) Portable device according to claim 15, wherein the microprocessor influences the music compilation dependent on the detected values of the body's inherent parameters.
17. (ORIGINAL) Portable device according to claim 7, wherein the verbal training information is further assisted visually.
18. (ORIGINAL) Portable device according to claim 7, further comprising a means for storing and transmitting personal data of the training person.

19. (ORIGINAL) Portable device according to claim 7, further comprising a means for receiving personal data of another training person.
20. (PREVIOUSLY AMENDED) Portable device according to claim 19, wherein the microprocessor compares the received personal data with the training person's stored personal data and causes output of verbal information if the compared data at least partially match.
21. (CURRENTLY AMENDED) Training system for optimizing a training comprising:
- a sound playback device adapted for playback of music;
  - a microprocessor;
  - a detector that detects parameters inherent to the body of a user, said detector being connected with the microprocessor for data communication;
  - a converter controlled by the microprocessor and connected to the sound playback device for converting the detected values of said parameters into verbal training information for the user and for outputting the information by the sound playback device; and
  - a base station.
22. (ORIGINAL) Training system according to claim 21, wherein the base station is a computer, preferably with Internet access.
23. (CURRENTLY AMENDED) A system for regulating physical activity of a user comprising:
- a sound playback device adapted for playback of music;
  - a detector that detects parameters inherent to the user's body;

a converter that converts data corresponding to the detected parameters inherent to the user's body into information output by the sound playback device;

the detector being connected to the converter for communicating the data corresponding to the detected parameters inherent to the user's body to the converter; and

the converter being connected to the sound playback device for informing the user about the user's present physical condition.

24. (PREVIOUSLY ADDED) The system of claim 23 further comprising a microprocessor for controlling the converter.
25. (PREVIOUSLY ADDED) The system of claim 24 in which the microprocessor has access to a program for controlling output of the sound playback device.
26. (PREVIOUSLY ADDED) The system of claim 25 in which the microprocessor program is responsive to the data corresponding to the detected parameters inherent to the user's body for altering output of the sound playback device.
27. (PREVIOUSLY ADDED) The system of claim 23 in which the converter includes a voice synthesizer for outputting information in a verbal form through the sound playback device.
28. (PREVIOUSLY ADDED) The system of claim 23 in which the detector includes at least one of a pulsimeter and a pulsoxymeter.
29. (PREVIOUSLY ADDED) The system of claim 23 in which the detector includes at least one of a chronometer, a timer, and a pedometer.
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